

Statistics Report 09437, Tamarind nectar, canned

Report Date: July 01, 2017 02:14 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water 1	g	84.97	2	--	84.25	85.68	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Energy	kcal	57	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/2006
Energy	kJ	240	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/2006
Protein 1	g	0.09	2	--	0.09	0.09	--	--	--	1	Analytical or derived from analytical	--	04/2006
Total lipid (fat) 1	g	0.12	2	--	0.06	0.18	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Ash 1	g	0.09	2	--	0.08	0.11	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Carbohydrate, by difference	g	14.73	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/2006
Fiber, total dietary 1	g	0.5	2	--	0.3	0.7	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Sugars, total 1	g	12.70	2	--	12.43	12.97	1.0	--	--	1	Analytical or derived from analytical	--	04/2006

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Sucrose 1	g	0.13	2	--	0.07	0.19	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Glucose (dextrose) 1	g	5.92	2	--	5.56	6.29	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Fructose 1	g	6.07	2	--	5.66	6.49	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Lactose 1	g	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2006
Maltose 1	g	0.57	2	--	0	1.14	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Galactose 1	g	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2006
Starch 1	g	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2006
Minerals													
Calcium, Ca 1	mg	10	2	--	7	12	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Iron, Fe 1	mg	0.75	2	--	0.46	1.03	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Magnesium, Mg 1	mg	4	2	--	4	4	1.0	--	--	1	Analytical or derived from analytical	--	04/2006

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Phosphorus, P 1	mg	2	2	--	2	3	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Potassium, K 1	mg	27	2	--	21	33	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Sodium, Na 1	mg	7	2	--	4	10	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Zinc, Zn 1	mg	0.02	2	--	0.02	0.03	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Copper, Cu 1	mg	0.014	2	--	0.01	0.02	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Manganese, Mn 1	mg	0.020	2	--	0.01	0.03	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Vitamins													
Vitamin C, total ascorbic acid 1	mg	7.1	2	--	3.8	10.4	1.0	--	--	1	Analytical or derived from analytical	--	11/2006
Thiamin 1	mg	0.003	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2006
Riboflavin 1	mg	0.003	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2006
Niacin 1	mg	0.070	2	--	0.05	0.09	1.0	--	--	1	Analytical or derived from analytical	--	04/2006

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Pantothenic acid 1	mg	0.037	2	--	0.04	0.04	--	--	--	1	Analytical or derived from analytical	--	04/2006
Vitamin B-6 1	mg	0.007	2	--	0.01	0.01	--	--	--	1	Analytical or derived from analytical	--	04/2006
Folate, total 1	µg	1	2	--	1	1	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Folate, food 1	µg	1	2	--	1	1	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Folate, DFE	µg	1	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/2008
Choline, total 1	mg	1.3	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2006
Betaine 1	mg	0.1	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2006
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Vitamin A, RAE	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2006
Carotene, beta 1	µg	0	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2006

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Carotene, alpha 1	µg	0	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2006
Cryptoxanthin, beta 1	µg	0	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2006
Vitamin A, IU	IU	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2006
Lycopene 1	µg	0	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2006
Lutein + zeaxanthin 1	µg	0	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	11/2006
Vitamin E (alpha-tocopherol) 1	mg	0.12	2	--	0.07	0.17	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Tocopherol, beta 1	mg	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2006
Tocopherol, gamma 1	mg	0.02	2	--	0.01	0.02	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Tocopherol, delta 1	mg	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2006
Vitamin K (phylloquinone) 1	µg	0.1	2	--	0	0.1	1.0	--	--	1	Analytical or derived from analytical	--	04/2006

Lipids

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006

Sources of Data
¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8e, 2004 Beltsville MD